

INFANT FEEDING



MEALTIMES? What are the purposes

- ◆ Communication
- ◆ Socialization
- ◆ Giving and receiving love
- ◆ Sharing personal values



Mealtime purposes

- ◆ Celebration
- ◆ Physical growth and health
- ◆ Sensory exploration
- ◆ Relaxation, habit



Feeding Relationship

◆ "Feeding is a reciprocal relationship that depends on the abilities and characteristics of both the parent and the child" (Ellyn Satter).



Caregiver's role:

- ◆ Decides the type of food (with parent)
- ◆ Provides appropriate flow rate of milk
- ◆ Feed the baby promptly when baby is hungry
- ◆ Offers bottle at appropriate angle
- ◆ Minimizes distractions


Infant's role:



- ◆ Gives permission for the nipple to enter mouth
- ◆ Needs mealtime social pauses
- ◆ Let's caregiver know when it's time for burping
- ◆ Stops when has enough

Caregiver/Baby role: (6-12 mo)

- ◆ Baby indicates when hungry
- ◆ Caregiver offers food
- ◆ Baby indicates readiness for new foods
- ◆ Caregiver reads cues and presents new foods

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- ◆ Baby gains more skills for upright sitting
 - ◆ Caregiver provides appropriate seating
 - ◆ Baby and caregiver create social atmosphere around meal
 - ◆ Baby gives permission for food to enter mouth

- ◆ Caregiver listens/respects baby's choice
- ◆ Caregiver provides encouragement
- ◆ Baby decides pace of the meal
- ◆ Caregiver respects baby's caution to try new foods.
- ◆ Caregiver provides choices
- ◆ Baby lets caregiver know meal is over



Infant Cues

Handouts

CACFP: Infant Feeding

- ◆ Breast milk

- ◆ Iron fortified formula

- ◆ Follow the CACFP Meal Pattern by age

Breastfeeding

Human milk contains just the right amount of fatty acids, lactose, water, and amino acids for human digestion, brain development, and growth.



Benefits:

- ◆ Less infections
- ◆ At least 100 ingredients not found in formula
- ◆ High concentration of macrophages
- ◆ Lactobacillus bifidus in GI tract
- ◆ Economic

Breast Milk Storage

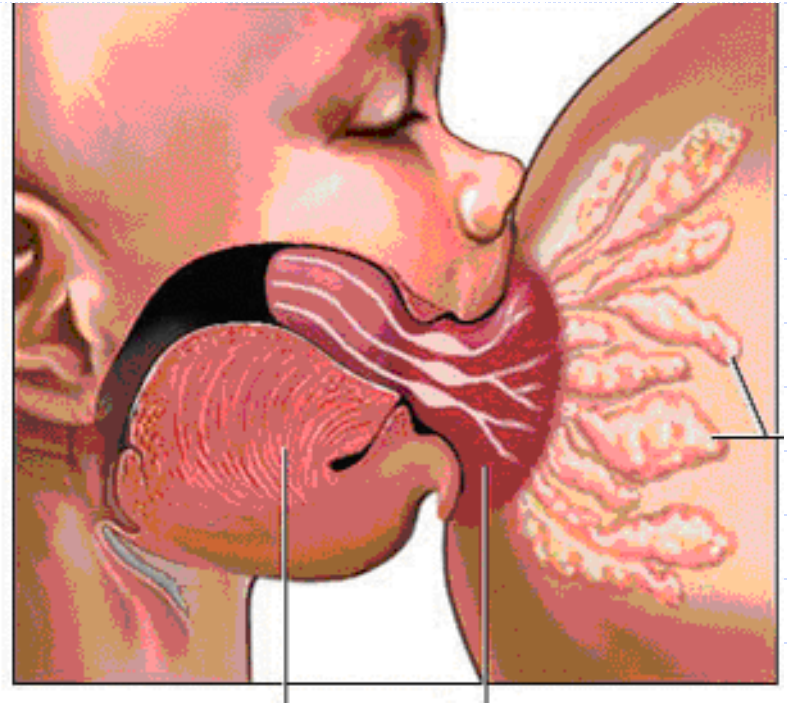
- ◆ Store in hard plastic containers
- ◆ Name, time and date of collection
- ◆ Fill bottles with amount the baby usually drinks
- ◆ Transport on ice
- ◆ Store at 40° Fahrenheit or below
- ◆ Do not leave at room temperature
- ◆ Do not reuse

Bottle Feeding



Guidelines for bottle feeding

- ◆ Nipples must be soft and squeeze easy
- ◆ Nipples must fit the baby's mouth
- ◆ Formula should come out in steady drops when bottle is upside down





◆ Always wash hands first

◆ Follow instructions

◆ Use only clean bottles and nipples

◆ Feed within 30 minutes of preparation

◆ Use safe drinking water to prepare the formula

◆ Warming is not necessary

Positioning:

- ◆ Hold baby in arm cradle
- ◆ Semi-upright position
- ◆ Chins slightly tucked
- ◆ Knees bent
- ◆ Shoulder comfortably relaxed
- ◆ Hold the bottle

Don'ts in Bottle feeding



- ◆ Do not prop the bottle
- ◆ Do not allow baby to carry bottle around
- ◆ Do not allow the baby to keep bottle in mouth while asleep
- ◆ Do not serve sweet drinks

Burping

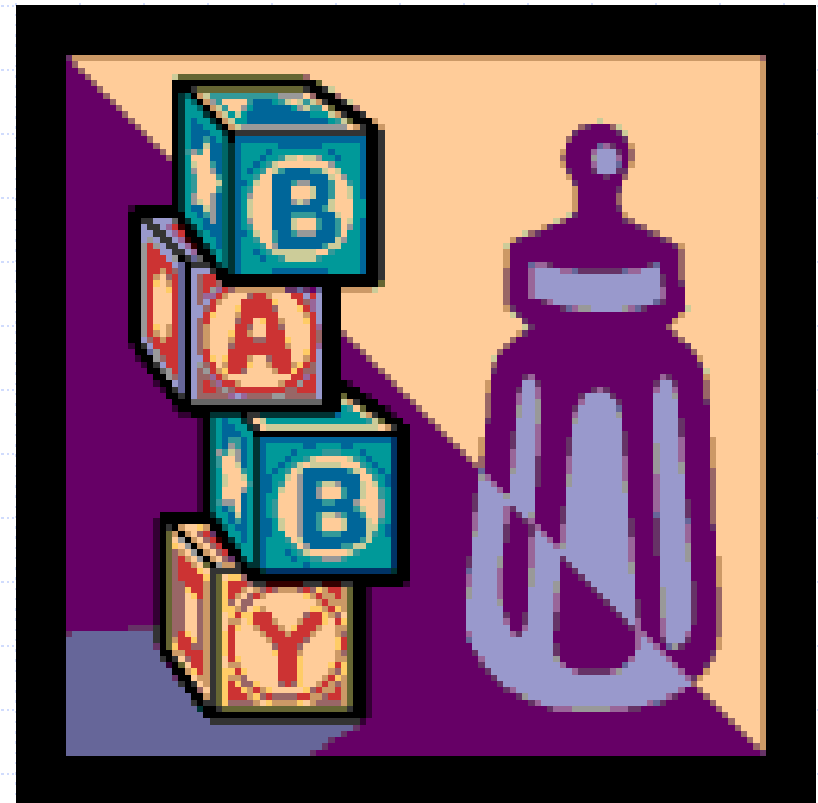
- ◆ Wait until baby stops drinking
- ◆ Gently rub or pat baby's back
- ◆ Rest baby on your shoulder or lap



Weaning from a bottle

◆ Signs of readiness:

- Seal lower lip on a cup
- Sits without support





- ◆ Developmentally ready
- ◆ Hold the cup for the young baby
- ◆ Start with small amounts
- ◆ Feed slowly
- ◆ Discuss with parents

Feeding Solid Foods



Readiness:

- ◆ Between 4-6 months
- ◆ Holds neck steady and sits with support
- ◆ Draw lips when spoon is removed from lips
- ◆ Keep food in their mouth and swallow it rather than push it back

Feeding Techniques

- ◆ Food is for nutrition, not for rewards, bribing or punishment
- ◆ Start with small portions
- ◆ Introduce one new food item at a time
- ◆ Wait until baby gives permission to put food in her mouth



- ◆ Use high chair if baby can sit
- ◆ Use appropriate utensils
- ◆ Reduce distractions

Solid Foods

◆ Iron fortified cereal:

- 1) Introduce rice cereal first
- 2) Easy to digest
- 3) Less likely to cause allergies
- 4) Nutrient content
- 5) Alter consistency to meet babies preference
- 6) Breast milk or formula

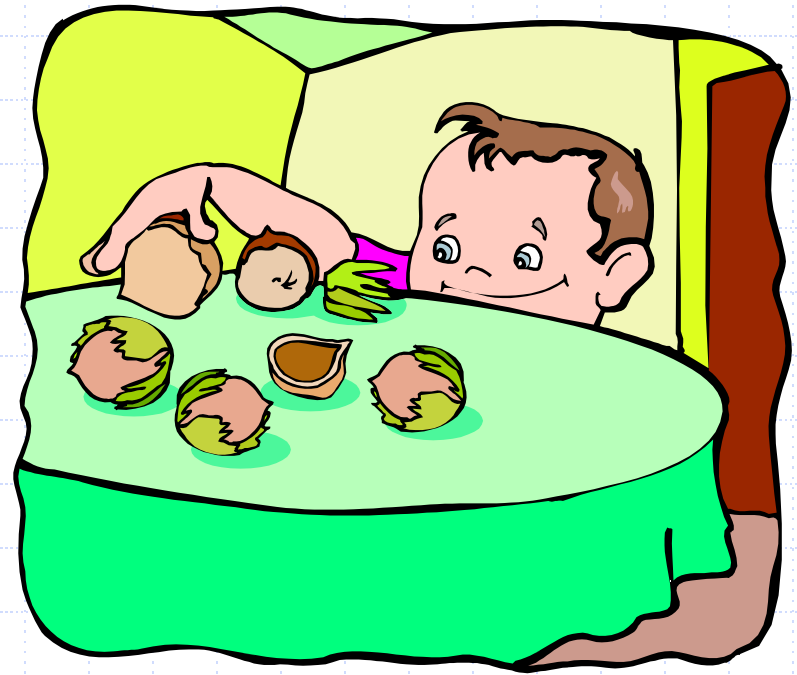
Solid Foods

◆ Iron fortified cereal:

- 1) Wheat cereal until baby is 8 months
- 2) Oat and barely added at 1 week interval after rice
- 3) Mixed grains after all have have been introduced individually

Vegetables and fruit

- ◆ Introduce when baby accepts 2 to 3 tsp of cereal at meals
- ◆ Start with vegetables
- ◆ Consult with parents
- ◆ Soft cooked



Things to watch for!



- ◆ Spinach, beets, carrots, collard greens and turnips, high in nitrate.
- ◆ Convert into Nitrites, bind to iron in blood reducing oxygen
- ◆ Babies 6 months or older

Things to watch for!

- ◆ DHS in baby food, desserts
- ◆ Raw vegetables/fruit
- ◆ Whole corn kernels
- ◆ Meat should be introduced by 8 months, lean preferably
- ◆ NO shell fish
- ◆ Avoid: hot dogs, sausage, bacon, bologna, foods with seeds, peanut butter
- ◆ Never feed honey to babies
- ◆ No cow milk

Remember: You are trusted
with our future!!

